

DEDICATED TO OUR COMMUNITY, OUR PROFESSION AND EACH OTHER

THE RESPONDER

MAY

Spring for Alexandria



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On the web!
www.alexandriava.gov/fire



City Manager, Jim Hartmann, with Debbie and Dan Kidd pose with volunteers participating in Spring for Alexandria

The second annual Spring For Alexandria community service event held Friday, May 1, 2009, was a success. Alexandria Fire Department personnel volunteered their time to participate in two community service projects.

Members of the Black Fire Service Professionals of Alexandria (BFSPA), assisted by Code personnel and, Truck 208's crew, tackled the task of cleaning up the Lebanon Union Church Cemetery, while Administrative staff beta-tested an outreach program called Safety in the City.

The Lebanon Union Ceme-

tery, established around 1866, includes land that originally housed a brick school house constructed in 1833. BFSPA members, including Chief Snead trimmed overgrown brush, mowed grass, and collected trash and debris from the cemetery grounds. As fate would have it, Lisa Jones spotted Dan and Debbie Kidd taking pictures from outside the cemetery fence. Lisa asked if they were there to visit a family member. They were there looking for Debbie's great-great grandfather's tombstone, Samuel Dove. Debbie, 68, and her husband Dan, who live in South Carolina, had tried locating the cemetery two years ago but could not find it. The

BFSPA members went from gravestone to gravestone, lifting fallen headstones, hoping to find the gravestone marker bearing the name, which Debbie hunted. After overturning numerous grave markers, members lifted up a rectangular granite headstone that was spotted with dirt. Etched into it was "SAMUEL DOVE 1845 – 1926" and "MARY E., HIS WIFE 1853 – 1906."

"Many of the gravestones were overturned and you couldn't quite read them." Said Debbie Kidd, "When they turned that gravestone over it kind of brought tears to my eyes," Debbie said. Everyone was so excited that they righted the rest of the headstones one by one. "It was like fate," Debbie said. "It was just like we were meant to find that grave site this time. Because if those men and women had not been there ... there was no way that we, two fragile senior citizens, could lift up that gravestone."

City Manager James Hartmann, said, "All the troops working in the cemetery

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Summer Safety Travel Tips-Travel Safe and Stay Healthy! Submitted by Captain Ross

It's summertime and the anticipated vacations are quickly approaching. Have you made all of your plans? Do you have it all figured out? Are you prepared to travel safely and stay healthy, too? To stay happy, healthy, and safe this summer or anytime you travel, give consideration to a few of the travel tips provided and simply plan ahead.

When preparing for your trip, start out with making a list. List everything you will need, from clothes to toiletries. Lay everything on the bed and check off your items so you don't forget anything. This list could come in handy in the unfortunate event that your luggage is lost or stolen, because you will have a record of everything you packed. It is also a good idea to cross-pack when traveling with others, that way if one bag is delayed, lost, or stolen you will still have necessary items and clothes to get you through your vacation.

Plan your travels and vacation with healthy eating. Good news, it is getting easier to find healthier options for "eating on the road." Always carry water and a snack. A healthy snack will give you control over your hunger and help you avoid the fast-food traps. Be certain that you make eating a priority, do not plan on fasting while traveling, and simply plan



ahead and look for the healthier options wherever you may be. Airports provide healthy snacks and healthy menu items, search out restaurants that provide a full menu and offer healthy options or simply ask for what you want—steamed vegetables instead of fried, an egg white omelet instead of a regular omelet, etc. Also, eat slowly, eat when you're hungry, eat with a purpose—fuel your body, and watch portion sizes.

Make exercise a part of your vacation. Look for new, different, and fun activities to keep your fitness routine going while on vacation. Find travel areas that provide a variety of ways to exercise such as: hiking and biking trails, fitness centers

where you are staying, walking or biking tours, water activities—canoeing, swimming, paddle boats, etc. Also, remember to hydrate and consider the climate you are in and adjust your workouts accordingly.

Summer vacations typically include lots of sunshine so protect yourself from sun and heat exposure by staying out of the sun during the middle of the day. The ultraviolet light is greatest in intensity between 10 a.m. and 4 p.m. so to limit your exposure look for shaded areas, sit under an umbrella, limit your exertion and drink plenty of fluids during this time. Apply sunscreen that blocks UVA and UVB rays liberally and reapply often, especially when you are swimming, sweating, and during the middle of the day. You can also protect yourself by wearing UV-protective sunglasses and a hat. Don't ruin your vacation with an uncomfortable sunburn.

Make an effort to have a real summer vacation, you deserve it. A true summer vacation can be a time to reconnect with family and friends and a time to make memories that will be cherished for years. Allow yourself some 'downtime', a time to truly relax, loosen the tensions of your mind and body, and rejuvenate.

Tips to Minimize Your Distracted Driving

- **Change your ways** and recognize the activities that distract you; such as eating, talking on the cell phone, changing a CD, and "texting".
- **Make a plan.** Know your route in advance and have a good understanding of the directions. Check the weather forecast and be aware of road conditions. Be sure that children are properly buckled when they are in the car with you.
- **Manage your time** so that you do not have to multi-task or drive aggressively on the road.
- **Don't let the drive time become your down time.** Understand that driving is not time to do your personal grooming, to catch up on phone calls, or to do your dining.
- **Scan the roadway** and be aware of others and be prepared for the unpredictability of others.
- **Concentrate** on your driving.
- **Buckle up, every time, every trip.** Making sure that everyone is properly buckled up is the best defense against distracted drivers.

For more information on Distracted Driving visit www.drivesmartva.org

June Events

HazMat Ops Refresher held at station 202.

<u>A Shift</u>	<u>B Shift</u>	<u>C Shift</u>
May 28	June 5	June 1
June 2	June 9	June 8

RATS Rope Assisted Search

<u>A Shift</u>	<u>B Shift</u>	<u>C Shift</u>
June 4	June 6	June 12
June 11	June 23	June 17

- Wide Area Search drill for suppression at the old truckers association building on Mill Rd.
- **Chief's Formation Run** on June 9 at 0830 starting from the PDC.
- **Fitness Field Day** from 0830-1200 on June 10 at the PDC.
- **Presentation by Chief Dennis Compton** on June 16 and 17 at the Lee Center auditorium from 0830-1200 each day. The same presentation will be given each day.
- **Promotional, Retirement, Recognition Ceremony** June 29, 7:30 pm at TC Williams auditorium..

RETIREMENTS



Captain Joe Warner
25 Years of service

Spring for Alexandria ...continued

(Continued from page 1)

had done a nice job of cleaning things up and putting it back to a dignified state, but this instant was special and serendipitous.”

In addition, Fire Department administrative personnel collaborated with OB-FCA staff to beta-test a community outreach program called Safety in the City. The program targeted Seniors identified through Social Services. Suppression, EMS and members of Office of Build-



Jeff Johnson, Kelsea Bonkoski and Bill Jordan gather information from Mrs. Grace Tapp

ing and Fire Code Administration (OBFCA), focused their efforts on a senior resident on the West-end of town. Chief Pouget, administrative staff and EMS personnel aided the resident in filling out a “File for Life” form; performed vitals check and answered questions she had regarding medications. OBFCA members performed a fifty-one point safety inspection that included a room-by-room checklist. Several recommendations were made, and three smoke alarms were replaced.

Spotlight



Scooter Slade

You may have seen his familiar face around the Fire Department lately, but you’re not quite sure why....that is because our Volunteer Deputy Chief Scooter Slade has been volunteering his efforts “full time” while between jobs. Among other AVFD duties, Scooter (aka “Volunteer Chief 202”) has been conducting various special projects for Chiefs Thiel, Middleton, Snead and Pouget (and the PIO), though he will soon return to the federal workforce specializing in Security and Emergency Planning for the Department of Justice.

His parents nicknamed him Scooter from birth, he grew-up in Marshfield, Massachusetts, a small coastal town near Cape Cod. It is there Scooter began his passion for public service, and was hired by the

local police department as a marine patrol law enforcement officer, or “Assistant Harbormaster.” He became an EMT the month following his 18th birthday, and spent winters Ski Patrolling at a popular resort in New Hampshire.

Scooter came to this area to attend the George Washington University in 1996. While there, he began an internship on Capitol Hill and continued his passion for EMS working as an EMT on-campus and for a private ambulance service in Northern Virginia. He later became the Supervisor for Operations and Director of the GW University Emergency Medical Response Group. Additionally, in his junior year, Scooter began working full-time for the U.S. House of Representatives. The GW Hatchet Student Newspaper named him one of GW’s “10 Most Intriguing Students.”

While on assignment for U. S Congressman Dan Miller, Scooter was sent to Sarasota, Florida to assist the White House in planning a school visit by President Bush – that was September 11, 2001. It was then and there that the White House Operations team took notice of Scooter, and he soon thereafter joined President Bush’s Administration as a Presidential Advance Representative for the White House, and was appointed to various positions within the Bush Administration. His last appointment, prior to January 20th, was the Assistant to the Secretary for Operations and Strategic Communications at the U.S. Department of Agriculture. When Hurricane Katrina struck the gulf coast, Scooter was on a jet from Andrews Air Force Base the next morning sent to plan for a secret visit by President Bush to the stricken gulf

coast. An experience and horror he will never forget, Scooter camped in Louisiana as a member or leader of the teams that later planned and coordinated all but one of the President’s trips to New Orleans since Hurricane Katrina. Scooter’s picture in Time magazine with President Bush at the Louisiana EOC, wearing an Alexandria Fire Department t-shirt, puzzled many back here in the AFD.

Scooter joined the Alexandria Volunteer Fire Department in early 2001, and rose through the ranks leading numerous volunteer initiatives, training programs, and expanding opportunities for AVFD. His dedication, professionalism, and leadership was recognized by the Department’s officers resulting in his appointment to Deputy Chief in 2007. A homeowner in the Del Ray section of the City (Box 5243), Scooter routinely rides out of Station 202. He is an EMT, Firefighter, CPR Instructor, and holds various “other” certifications and competencies. In 2008, the Alexandria Volunteer Bureau awarded him its Joan White Volunteer Service award for his dedication to the City and volunteerism. Additionally, the Alexandria City Council appointed Scooter to the Alexandria EMS Council in 2007. He’s a loyal NASCAR, Red Sox, and Patriots fan and also enjoys riding his Harley Davidson and spending “free time” with friends. Additionally he enjoys spending time at his vacation home in New Hampshire, skiing, hunting and hiking with his dog, Gippper. He is a member of a volunteer rescue squad there as well.

A Safe Home is in Your Hands From the Home Safety Council web site

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year.*

The Home Safety Council dedicates the month of June – Home Safety Month – to educate and empower both families and businesses to take actions that will make homes safe.



“We hope to bring attention to the serious problem of preventable home injuries and its leading causes: slips and falls, poisonings and fires and burns,” says Meri-K Appy, president of the

Home Safety Council. “Just a few simple steps can dramatically reduce the dangers in most homes and may even make a lifesaving difference.”

Throughout Home Safety Month, the Home Safety Council encourages the public to consider their home’s danger areas and take some simple steps to minimize their risk from potential injuries, or even death.

Prevent Falls

- Have grab bars in the tub and shower.
- Have bright lights over stairs and steps and on landings.
- Have handrails on both sides of the stairs and steps.
- Use a ladder for climbing instead of a stool or furniture.
- Use baby gates at the top and bottom of the stairs, if babies or toddlers live in or visit your home.

Prevent Poisonings

- Lock poisons, cleaners, medications and all dangerous items in a place

where children can’t reach them.

- Keep all cleaners in their original containers. Do not mix them together.
- Use medications carefully. Follow the directions. Use child resistant lids.
- Install carbon monoxide detectors near sleeping areas.
- Call the Poison Control Center at 1-800-222-1222 if someone takes poison. This number will connect you to emergency help in your area.

Prevent Fires & Burns

- Have working smoke alarms and hold fire drills. If you build a new home, install fire sprinklers.
- Stay by the stove when cooking, especially when you are frying food.
- Keep space heaters at least three feet away from anything that can burn. Turn them off when you leave the room or go to sleep.
- If you smoke, smoke outside. Use deep ashtrays and put water in them before you empty them. Lock matches and lighters in a place where children can’t reach them.
- Only light candles when an adult is in the room. Blow the candle out if you leave the room or go to sleep.

TM

Prevent Choking and Suffocation

- Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins latex balloons and hard round foods, such as peanuts and hard candy out of children’s reach.

- Place children to bed on their backs. Don’t put pillows, comforters or toys in the crib.

- Clip the loops in window cords and place them up high where children can’t get them.

- Read the labels on all toys, especially if they have small parts. Be sure that your child is old enough to play with them.

- Tell children to sit down when they eat and to take small bites.

Be Smart Around Water

- Stay within an arm’s length of children in and around water. This includes bathtubs, toilets, pools and spas – even buckets of water.
- Put a fence all the way around your pool or spa.
- Empty large buckets and wading pools after using them. Keep them upside down when not in use.
- Make sure your children always swim with a grownup. No child or adult should swim alone.
- Keep your hot water at or below 120 degrees F to prevent burns.

Visit the Home Safety Resource Center at www.homesafetycouncil.org to review and download free information, including posters, brochures, safety checklists and additional tips to help safeguard your family.

Awards and Recognition



Jeremy Lenzner



Steve Boyer



Mike Tabb



Byron Andrews III

Jeremy Lenzner, Steve Boyer and Mike Tabb were recognized at the Annual EMS Breakfast, for thirty years of service to the citizens of Alexandria.

Byron Andrews was awarded the Outstanding EMS Administrator by the Northern Virginia EMS Council.

Ashley Ehrhart was awarded the James E. Shortt Award by the Alexandria Jaycees



Ashley Ehrhart and Chief Thiel

2008 Service Awards

Awards will be presented June 4, 2009 at Lee Center Exhibit Hall

3:00p.m to 5:30 p.m

Forty Years

Chris Leischner

Thirty Years

Michael Brown, Henry Cook, Russell Middleton

Twenty Five Years

Byron Andrews III, Bob Rodriguez, John Shaffer, Alex Vonguggenberg

Twenty Years

Tony Casalena, Charlie Davis, Kara Dunn, John Franke, Nel Hanson, Lisa Jones, Mike Keske, Doug Townshend, Paul Valencik, Jeff Vallimont

Fifteen Years

Lynn Helper

Ten Years

Wendy Baden, Dave Demaree, Tina Earley, Chad Lallier, Duane Perry, Mike Renick, Jodi Renner, Mike Sharpe, Ed Turner
Jason Wahmeyer

Five Years

Andrea Buchanan, Mike Dewalt, Bulent Ertumen, Kenneth Granata, Cameron Hall, Paul Mitchell, Michael Monaghan, Ken Moss, Ray Overkott, Jeff Yost.

STATISTICS

FIRE ALARM HEADQUARTERS CALLS PROCESSED	
911	1136
Administration Received	5272
Administration Dialed	2042
Dispatched Calls	1535
Total calls	9985

April Run Stats

	Unit	EMS	SUP	TOTAL	Current Yr	Previous Yr
Station 201	E201	28	83	111	467	1,422
Total		28	83	111	467	1,422
Station 202	E202	49	62	111	446	1,357
	M202	163	31	194	708	2,205
Total		212	93	305	1154	3,562
Station 203	E203	52	39	91	370	1,265
	T203	14	55	69	339	954
Total		66	94	160	709	2,219
Station 204	E204	44	55	99	420	1,319
	T204	12	102	114	482	1,389
Total		56	157	213	902	2,708
Station 205	E205	65	106	171	695	2,127
	M205	192	46	238	949	2,857
Total		257	152	409	1644	4,984
Station 206	E206	92	83	175	716	1,974
	M206	206	35	241	956	2,806
	R206	15	20	35	153	535
Total		313	138	451	1825	5,315
Station 207	E207	87	97	184	720	2,230
	M207	181	27	208	826	2,469
Total		268	124	392	1546	4,699
Station 208	E208	113	120	233	968	2,828
	M208	194	49	243	948	2,877
	T208	14	94	108	467	1,366
Total		321	263	584	2383	7,071
Station totals		1521	1104	2625	10630	31,980

HOT SHOTS



1420 Duke Street -explosion



Dismantling of radio tower at station 206



457 N. Armistead St- apartment fire



Miss Alexandria with Captains McClain and Santano



Chief Snead lending a hand during Spring for Alexandria



Tom Wheatley's retirement party



Hydraulic leak in Holmes Run



Incident command training